



@LibertyArgyle

TECHNOLOGY PARENTS



THE REALITIES OF DIGITAL LIFE

What our kids face but may not understand

- It's not real life! (Almost all posts are of the great things in their life)
- Partial truths are a part of the culture. These sites create envy, if all you see is people's perfect life on Instagram, or a perfect house on Pinterest.... discontent and envy are created.
- No need to try and get to know someone. (Just read their profile and see their likes).
- All of these can be used for bad and most of them are used for bad at some point (Sexual, porn, bullying)
- Hard to break out of it because you would be out of it (they would have no social life)

THE REALITIES

What our kids face but may not understand

- Unreal and easy access to unrealistic portrayals of relationships and life (creates ridiculous expectations that are never fully satisfied).
- FOMO(fear of missing out)
- Selfies (Vanity)
- Social media is fostering a very unthinking and unfeeling culture. We're raising our kids to be performers.
- All things can be used for evil
- Peer Pressures
- Instant(have to decide instantly to look away, post/not post, text/not text, yes/no)

THE LAW

Often our kids don't know what they don't know. They may know something is "wrong" but are they aware somethings are illegal with life long consequences?

THE LAW

This dissemination of pornography or images, which is used by another person of another's private parts, with the intent to harass, humiliate, or intimidate that individual, who did not give permission for the distribution of such images (videos, etc.)

Arizona

- Unlawful distribution of images depicting states of nudity or specific sexual activities.
- If disclosed by electronic means; Class 4 Felony.
- If threatens to disclose, but does not disclose; Class 1 Misdemeanor.

WAIT on the PHONE

Why Wait?

There is a reason why top Silicon Valley executives are saying no to the smartphone until at least 14 for their children. In fact, there is a long list of reasons and parents need to know them.

SMARTPHONES ARE CHANGING CHILDHOOD

Childhood is changing for children. Playing outdoors, spending time with friends, reading books and hanging out with family is happening a lot less to make room for hours of snap chatting, instagramming, and catching up on YouTube. Children spend anywhere between 3 to 7 hours daily in front of a screen, many childhood essentials are pushed aside for online amusement.

WAIT on the PHONE

SMARTPHONES ARE ADDICTIVE

New research shows dependence on your smartphone may produce some of the same addictive brain responses similar to alcohol, drug and gambling addictions.

Smartphones are like slot machines in your children's pocket constantly persuading them to crave more. The tech industry intentionally designs smartphone apps and social media for people to use for long periods of time because this is how they make their money.

WAIT on the PHONE

SMARTPHONES ARE AN ACADEMIC DISTRACTION

Elementary and middle school years establish the foundation for your child's academic success. Children learn how to productively manage time, projects and homework. Introducing a constant distraction with a smartphone is paving a path for academic mediocrity. The early results of a landmark study on brain development by the National Institute of Health show children who spent more than two hours a day looking at a screen got lower scores on thinking and language tests. Research from the University of Texas suggests the mere presence of your smartphone reduces cognitive capacity and test-taking brainpower. One study demonstrated that using smartphones in classrooms can even lower a student's grade. Another study found that children who attend schools with smartphone bans did better on tests.

WAIT on the PHONE

EXCESSIVE SMARTPHONE USE IS ALTERING CHILDREN'S BRAINS

Initial results from a groundbreaking study by the National Institute of Health reveal that MRI's found significant differences in the brains of children who use smartphones, tablets, and video games more than seven hours a day. Children who spent an excessive amount of time on screens were found to have a premature thinning of the cortex. That's the outermost layer of the brain that processes information from the five senses.

SMARTPHONES IMPAIR SLEEP

Studies show that the use of smartphones and other portable devices with screens affects the quantity and quality of sleep in children and teens. Adolescents are likely restless because they anticipate receiving texts and social media messages from friends, which affects their nighttime routine. Some children even wake up in the middle of the night to check texts or social media. Sleep disturbance in childhood is known to have adverse effects on health, including poor diet, obesity, weakened immune system, stunted growth, and mental health issues.

WAIT on the PHONE

SMARTPHONES INTERFERE WITH RELATIONSHIPS

Many parents regret allowing their child to have a smartphone because they have experienced the way the smartphone is destructive to relationships. The parent child relationship suffers. Children are often inattentive with the constant distraction the phone brings. Face to face relationships dwindle as children shift their time and energy to investing in their online “friendships.”

SMARTPHONES INCREASE THE RISK FOR ANXIETY AND DEPRESSION

Children are not emotionally equipped to navigate tricky social media waters at such an early age. Viewing someone else’s highlight reel on social media often leads youth to think they are missing out or are not enough compared with their peers. Research shows that the more time someone uses social media the more likely they are to be depressed. [A Harvard Business Review](#) showed the more you use Facebook the worse you feel. Another report demonstrated that adolescents’ psychological well-being decreased the more hours a week they spent on screens.

Suicide rates are on the rise especially for girls between the ages of 10 and 14 years old. For this age group, suicide rates have tripled over the past 15 years.

WAIT on the PHONE

SMARTPHONES EXPOSE CHILDREN TO SEXUAL CONTENT

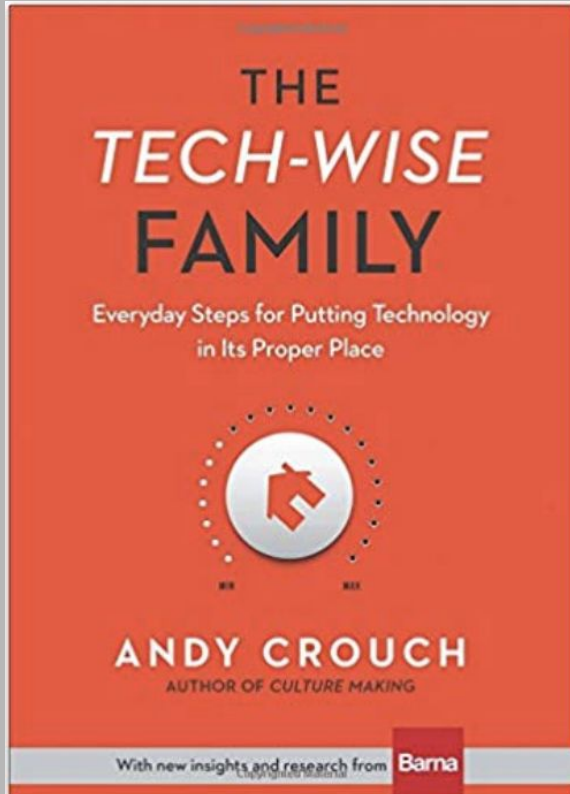
Smartphones have enabled children to view pornography anywhere. Pornography marketers intentionally target youth online to lure them to dangerous images and videos. One study showed that 42% of online youth users have been exposed to online pornography. Of those, 66% reported unwanted exposure to pornography often through online ads.

Not only are children viewing sexual content with their phones but they are creating it as well. More and more children are “sexting” (sending sexual text messages and or explicit images). Also, various apps open the doors to sexual predators seeking to track, groom and harm our children.

TECHNOLOGY EXECUTIVES BAN SMARTPHONES FOR THEIR CHILDREN

According to a New York Times piece, many technology executives wait until their child is 14 before they allow them to have a phone. While these teenagers can make calls and text, they are not given a data plan until 16. If leaders of digital giants like Google, eBay, Apple and Yahoo are delaying the smartphone then should this not give us pause? Executives that flourish on the success of technology are protecting their children from the smartphone.

TECH WISE FAMILY



Making conscientious choices about technology in our families is more than just using internet filters and determining screen time limits for our children. It's about developing wisdom, character, and courage in the way we use digital media rather than accepting technology's promises of ease, instant gratification, and the world's knowledge at our fingertips. And it's definitely not just about the kids.

TECH WISE FAMILY

Subscribe to their [Tech Talk Tuesdays](#) for helpful parenting tips (this is *not a Christian* organization, it does have helpful technology info)

The logo for 'SCREEN AGERS' is displayed on a dark blue rectangular background. The word 'SCREEN' is written in a bold, yellow, sans-serif font. The word 'AGERS' is written in a bold, white, sans-serif font, positioned directly below 'SCREEN'. The letters are large and spaced out, creating a prominent visual impact.

SCREEN
AGERS

How can we help them navigate?

Give them the Gospel!

-Give them Jesus all day every day Deut 6:7

-Model the Gospel to them 1Cor 11:1

Direct them towards the mission

-What is your family mission? Talk about it often

-Its not about avoiding sin its about pursuing Jesus

2Cor 5:9

PRAY with/for THEM

-Prayer Changes things

-Pray without ceasing

-When in doubt pray

With all prayer and petition pray at all times in the Spirit, and with this in view, be on alert with all perseverance and petition for all the saints

Ephesians 6:18

Parent Tips

Use your calendar reminders to regularly check-in on your kids' accounts, review their history/logs and the amount of mobile time used.

Do's -use this as an opportunity to discuss issues with your kids

Don'ts-if possible, stay clear of reviewing it without them around.

Have each person come up with a unique, hard to break password. Keep a master record of all passwords and go check on their activity regularly.

Spot Check their browser history. Ask that they never delete their history in their browsers and that if they do, it will be enough to take away their privilege to use the computer.....

Parent Tips

Computers are used only in the open area of our home (applies to my wife and myself-modeling).

Private Information - Making checking social media a social event. Respect other people's privacy, when checking FB, allow kids to help you navigate through the information and talk through what you see with them.

Be proactive, not reactive - no screen days, or screens together (family movie, video games competitions, etc).

BEING A PARENT

Talk with our kids about their favorite tools/apps—with genuine interest, not fear—because they're more likely to come to you when they need help and you're much more likely to be kept in the loop about all the cool technology they use and you get to learn about.

Do not share personal information (address, name, school name, phone number).

Parents, examine yourself!

- Read all of [James chapter 1](#)
- How is your(parent) relationship with Jesus?
- How is your(parent) prayer life?
- Should you(parent) spend less time on your phone?

Remember God is sovereign!

Stay connected to the only thing that can change anyone

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

John 15:5

Additional resources

- [-Why not to check your phone in the morning -John Piper](#)
- [-Center for Parent/Youth Understanding](#)
- [-Should parents ever give their kids smartphones?](#)
- [-Don't be dumb with your smart phone](#)
- [-Media and your teenager](#)

Parents this is what your Child needs most!!

- [-Additional parenting resources](#)
- [-Resources for dealing with pornography](#)

This might be a close second to what your child needs most!